

HOW AMATSU CAN HELP MIGRAINES AND HEADACHES

Amatsu can be very effective at reducing the severity and frequency of migraine attacks and regular, chronic headaches.

Migraines can be caused by tightness in the joints, muscles and tissue of the head, neck, shoulders and back region. They can also be a result of problems with the bones in the neck, degeneration in the spine (arthritis) or grinding of teeth at night which causes the jaw to become misaligned. Misalignments of the bones in the neck can cause nerve compression which stops the nerves working properly. The general result of all this can be a constriction of the blood vessels in the scalp and brain causing a reduced blood supply which may be why sufferers complain of the visual symptoms that sometimes precede or accompany a migraine. Chronic muscle tension can result in local toxicity, which when it eventually reaches the blood stream can lead to 'toxicity' headaches, much like a hangover.

A diet high in refined foods and sugar will, over time, eventually cause the lower back muscles to tighten up. This may or may not cause obvious back problems, but if the curve in the lower back flattens, this will cause more tension in the upper back, shoulders and neck region. Often, a round shouldered posture will signify this. This restriction will consequently cause strain in the muscles attaching the neck and skull to the shoulder region. The knock-on effect may then be felt as a tightness or tension in the head; rather as if wearing a hat or swimming cap that is too small.

Other causes of migraine include digestive problems such as indigestion, constipation, blood sugar problems, liver congestion caused by poor diet, general congestion in the sinuses, menstrual disorders and water retention.

All of the above may be helped with a course of Amatsu treatments which alleviate tension, restrictions and realign the whole body. This in turn will restore normal blood flow and toxin removal, improve mobility in the neck, shoulders and back thus improving posture. Any other associated problems usually improve too.

It is estimated that around 25% of migraine cases are triggered by food allergies so it is worth keeping a food diary to see if you can identify foods that cause an attack. Specific allergy is commonly found with chocolate, coffee and tyramine-containing foods such as cheese, wine, citrus, and to a lesser extent, avocados, plums, bananas, raspberries and alcohol. Tyramine seems to cause constriction of the blood vessels in the scalp and it is thought that the subsequent dilation of these vessels causes the pain of the migraine.

Dehydration can also be a big factor in migraines and headaches. Drinking plenty of water regularly throughout each day and avoiding drinks that dehydrate can eliminate some headaches completely.